



"YOUR TICKET TO WELLNESS"

DEQ's Spring Wellness Event (SWE) 2006

You made a great decision to participate in this year's SWE...

"Your Ticket to Wellness".

The focus is to have fun, and to attain success with your personal target towards improved health and fitness!

All participants should have received a ticket for signing up. When you come to the **"SWE Kick Off" on Monday, April 17 @ 9:30 am** in the Atrium you can enter the SWE Kick Off drawing!

Opening Speaker: Steven Chester, Director of DEQ

Guest Speaker: Tami Nykamp, Community Development Director of the American Cancer Society (ACS)

Each week a different health and wellness topic will be emphasized via GroupWise e-mail. Topics will include water intake, activity, dental health, fruit/vegetable intake, vitamins/calcium, and sun safety. Participants will be rewarded for meeting the daily recommendation with a ticket. A maximum of 1 ticket per day, counting weekends, for a total of 7 tickets per week can be earned.

Bonus tickets for recipes will be given if a recipe is electronically submitted to Kathy Tetzlaff at tetzlaffk@michigan.gov. Participants may submit more than 1 recipe, but will only receive a maximum of 1 ticket per week. These recipes will be bound into a book and presented to each participant in their goody bag on Thursday, May 25.

Maximum amount of tickets that can be earned each week is 8 (7 topic + 1 recipe).

Each Monday morning, you will receive a participation prize when you report the number of tickets you earned for the previous week to your floor rep.

Participants will bring their tickets (with their name on the back) to the **SWE Silent Auction/Salad Luncheon on Thursday, May 25, 12:00-1:00 p.m. in the ConCon Conference Rooms** where they can use their tickets to bid on items that have been donated while sampling everyone's best recipe submitted into the recipe book. If you are unable to attend, make sure you have someone bid for you.